



# SPORTS, FITNESS AND WELLNESS



## OPEN CLIMBING DAILY

Adults who are interested in climbing our wall are required to sign a waiver form and must know how to belay. Bring your own equipment or use ours to scale the Gier Wall. We recommend that you call 483-4313 to RSVP climbing time. Experienced climbers only-all open Gym climbers must pass a competency test. Cost: \$5 per hour; per climber.

## CLIMBING WALL BIRTHDAY PARTY (Ages 6-17)

Give your child or teen a Birthday Party that's unique at Gier Center's indoor climbing wall. They can enjoy hours of climbing, gym activity, and game room fun. Parents provide their own party favors. No climbing experience is needed. An experienced staff person will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information, please call 483-4313.

## INDOOR BATTING TUNNEL

Gier Community has a newly renovated gymnasium which includes an indoor batting tunnel available for rent Tuesday through Thursday; between the hours of 9 a.m. and 8 p.m. Cost is \$15 each one-half hour. Please note that the pitching machine requires a person to feed balls into the machine. Please call 483-4313 for available time and reservations.

## NIA TEENS (Ages 13-17)

Discover NIA through dance, healing arts, creative movement and music. You can enjoy NIA regardless of your fitness level. Instructor: Trudie Wilson. 8 sessions.

Activity #350300E	\$32/Res; \$37/Non-Res
4/15-6/3 Thu 5-5:45 pm	Southside (Hill)
Activity #450300E	\$32/Res; \$37/Non-Res
6/24-8/12 Thu 5-5:45 pm	Southside (Hill)

## THERAPEUTIC YOGA (Adults)

Experience the health benefits of yoga! Body movement/stretching, breathing practices, and visualization integrated together produce relaxation and an overall sense of well being. This is an ongoing activity associated with the Yogic Sciences Research Foundation and is a drop-in program; pay at the door, no registration necessary. Instructor: Pete Bernardo/Ania Kwaitkowski, Rose Cross, Rob Eschbach. No class 4/1, 4/2, 5/28, 5/31, 6/11.

4/5-5/24 Mon 5:30-6:30 pm	Foster	\$2/at the door
6/1-9/7 Tue 5:30-6:30 pm	Foster	\$2/at the door
4/8-9/30 Thu 6-7 pm	Foster	\$2/at the door
4/9-5/21 Fri 6-7 pm	Foster	\$2/at the door
4/9-8/27 Fri 10-11 am	Foster	\$2/at the door
9/13-9/27 Mon 5:30-6:30 pm	Foster	\$2/at the door



## VINYASA FLOW DETOX (Adults)

Detoxify in this yoga class as we flow at a moderate pace through a series of postures in a gently heated room, using our breath to help us build a deep internal heat to burn out impurities from our bodies. We will focus on alignment and explore postures in a way to create a practice that is personalized and ideal for our specific skeletal and muscular make-up. We will concentrate on identifying the places that we hold tension and negativity and learn how to open these places with respect for our own body's limitations. After a session we will feel energized, refreshed, and cleansed. For all levels, although prior yoga or fitness experience can be helpful. Instructor: Anna Kaschner. 8 sessions.

Activity #312595A	\$40/Res; \$60/Non-Res or \$9/drop-in
4/14-6/2 Wed 6-7:30 pm	Foster
Activity #412595A	\$40/Res; \$60/Non-Res or \$9/drop-in
6/30-8/18 Wed 6-7:30 pm	Foster

## BEGINNING TAI CHI (Adults)

These "No Pain, Much Gain" movements were designed by a medical doctor so that almost anyone can do them. Working within your comfort zone, whether seated or standing, you can experience the many benefits of Tai Chi. These may include increased energy, reduced stress and improved balance. Those who master the initial form will begin learning another form. Instructor: Debra Brown. 7 sessions.

Activity #313280A	\$25/Res; \$37/Non-Res
4/15-5/27 Thu 6:15-7:15 pm	Gier

## POWER SCULPTING AND FITNESS

This class combines cardio kick-boxing, hi-lo impact aerobics and weight resistance circuit training, for the ultimate body sculpting experience. Each class will end with a focus on the core muscle groups for added stability. Participants should bring hand-held weights and a mat. At the door prices are \$5 for City of Lansing residents and \$7.50 for non-residents (pictured ID will be required) Instructor: Crockett. No meeting 5/28, 5/31, 6/11, 9/6.

Activity #314201A	\$40/Res; \$60/Non-Res
4/5-4/30 M/W/F 9-10 am	Letts
Activity #314201B	\$40/Res; \$60/Non-Res
5/3-6/2 M/W/F 9-10 am	Letts
Activity #314201C	\$40/Res; \$60/Non-Res
6/4-7/2 M/W/F 9-10 am	Letts
Activity #414201D	\$40/Res; \$60/Non-Res
7/7-8/2 M/W/F 9-10 am	Letts
Activity #414201E	\$40/Res; \$60/Non-Res
8/4-8/30 M/W/F 9-10 am	Letts
Activity #414201F	\$40/Res; \$60/Non-Res
9/1-9/29 M/W/F 9-10 am	Letts



## POWER SCULPTING BOOTCAMP (Adults)

Lose body fat, gain muscle, feel stronger, get motivated, have more energy, increase self-esteem, and improve performance. This class is for all fitness levels. For total body conditioning, dumbbells and resistance bands are utilized as well as hi-lo impact aerobics, athletic conditioning drills, and kick-boxing for cardiovascular conditioning. Bring light-weight dumbbells and exercise mat to class. Sign up for any combination of days to fit your schedule. Instructor: Brenda Rogers, Certified Fitness Trainer. Sign up for the course or pay a drop-in fee of \$8 per class at the door.

Activity #350520A	\$35/Res; \$52/Non-Res
4/12-5/24 Mon 5:30-6:15 pm	Southside (Hill)
Activity #350520B	\$40/Res; \$60/Non-Res
4/14-6/2 Wed 5:30-6:15 pm	Southside (Hill)
Activity #450520A (5 weeks)	\$25/Res; \$37/Non-Res
8/24-9/21 Tue 5:30-6:15 pm	Southside (Hill)
Activity #450520B (5 weeks)	\$25/Res; \$37/Non-Res
8/24-9/23 Thu 5:30-6:15 pm	Southside (Hill)

## BASIC TAI CHI (Adults)

Tai Chi is a very easy-to-follow exercise that gently works your muscles using motion and breathing techniques from a standing or seated position. Ideal for people of all activity levels, tai chi helps to improve flexibility and balance and will also help with relaxation. Recent studies have shown that tai chi is great for fall prevention! During each class we will learn additional steps of a Sun-style tai chi form and a qi gong exercise for our warm-up routine. Please wear comfortable clothing and shoes. Instructor: Cathy Stewart. 8 sessions.

Activity #316531A	\$48/Res; \$72/Non-Res
4/19-6/14 Mon 5:30-6:30 pm	Southside (Hill)

## ADVANCED TAI CHI (Adults)

Students in the advanced Tai Chi class will learn additional steps of the Sun-style Tai Chi short form until all 31 steps have been completed. We will continue to do our qi gong exercise, Eight Pieces Brocade, as a part of our warm-up routine. Remember to wear comfortable clothing and shoes. Instructor: Cathy Stewart. 8 sessions. No class 5/31.

Activity #316532A	\$48/Res; \$72/Non-Res
4/19-6/14 Mon 6:45-7:45 pm	Southside (Hill)

